

## Grilled Sweet Potatoes

Grilled sweet potatoes was kind of an accident. After digging up the sweet potatoes one fall, there were a lot of long, thin ones that would be difficult to slice. Since it was about time to prepare food for the grill, I decided to place them in a grill packet with butter and some brown sugar. They cooked to perfection. So soft and tender I could eat them without slicing. In fact, they were more like sweet potato fries. A second batch of accidental, grillable sweet potatoes, soon appeared, as a few vines had been forgotten with roots in the ground.

### Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

### Meatless Preparation Avoid:

Butter.

Substitute with: \_\_\_\_\_

### Utensils:

Fork

Pot holders

Pan:

Grill safe aluminum pan, or

\*\* Grill packet

\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half.

Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

**Ingredients:****Meat:** None**Vegetables:****15 ounces of sweet potatoes (sliced), or**  
**Several fingerling sweet potatoes****Other ingredients:****1 tablespoon of butter****Dash of salt****Spices, such as pepper, to taste****Optional:****1 tablespoon of brown sugar****Preparation time:** 10 minutes**Preparation:**

1. Wash and slice or dice sweet potatoes.
2. Add to grill safe aluminum pan, or \* grill packet:

**1 tablespoon of butter****Dash of salt****Spices, such as pepper, to taste****15 ounces of sweet potatoes (sliced), or**  
**Several fingerling sweet potatoes****Optional:****1 tablespoon of brown sugar**

3. Close packet and place on grill.

**Cook Temperature:** Grill**Cook Time:** About 15 to 20 minutes**Servings:** 4 to 5**Storage Solutions: Square containers in individual servings****Counter safe:** 30 minutes to an hour to cool enough to place in the fridge or freezer**Fridge safe:** 3 to 4 days \* Per FDA Storage Chart link in Resources**Freezer safe:** 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: \_\_\_\_\_.